GRATITUDE

3-Minute A Day

Prompted Journal

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GRATITUDE

3 Minute a Day Prompted Journal

Belongs To:

Gratitude 3 Minute A Day Prompted Journal
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lilliputlearningbooks@gmail.com
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Thank you so much for trying out this journal. Did you know that giving thanks for both small and large things in your life can make you happier. Taking time to appreciate what you have can change how you think.

This book is designed with 8 distinct pages, and a variety of changing questions and ideas. It is meant to feel familiar yet not too repetitive. Enjoy the time you spend reflecting on your day by using colored gel pens, doodling or whatever you feel will make it your own while creating a fun and useful habit. Don't sweat it if a question is too hard. Just think of something else you want to say. Enjoy practicing gratitude at your own pace. You will do great.

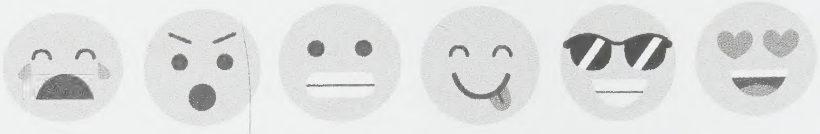
Please email us if you have comments, questions or ideas at lilliputlearningbooks@gmail.com. We love to hear from our customers. Your reviews help keep our small business going.

With Gratitude,

Lilliput Learning

TODAY IS (M) T W Th F S S 4 / 26 / 21

I AM FEELING



I AM GRATEFUL FOR

1. Love
2. Kind
3. frendlky

WHO MADE YOU SMILE TODAY?

mom, olivia, dad, simon

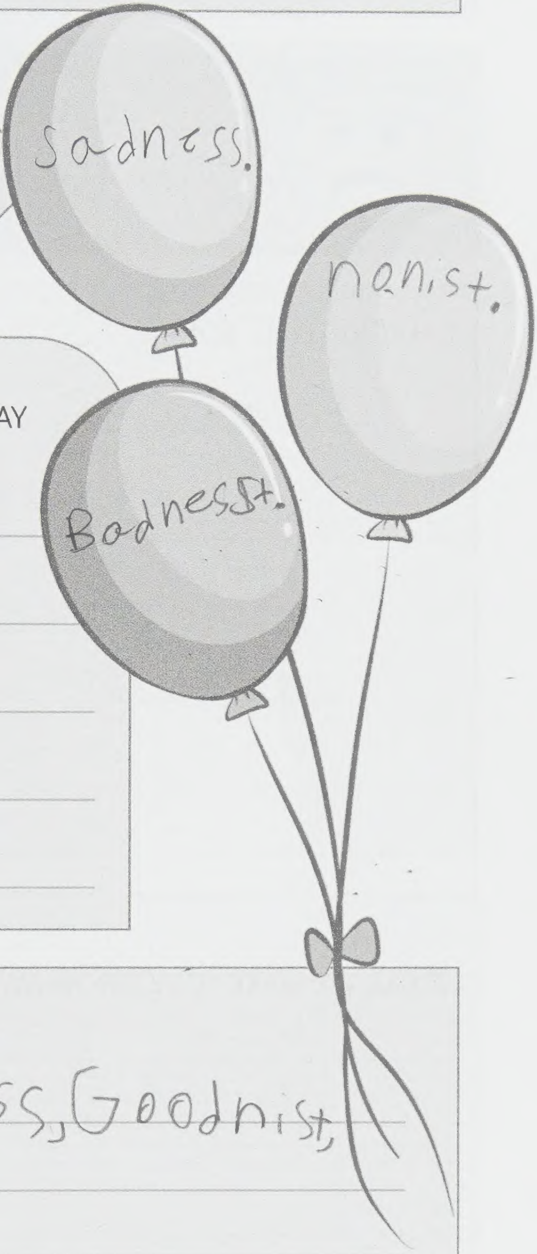
I MADE TODAY AWESOME BY:

- [ ] Helping someone
- [x] Tidying up
- [x] Being positive
- [x] Listening
- [x] Being a good friend
- [ ]
- [ ]

TODAY IS M (T) W Th F S S 4 / 27 / 21

WORRY BALLOONS

Write your worries on the balloons and let them float away....



AN AMAZING THING THAT HAPPENED TODAY

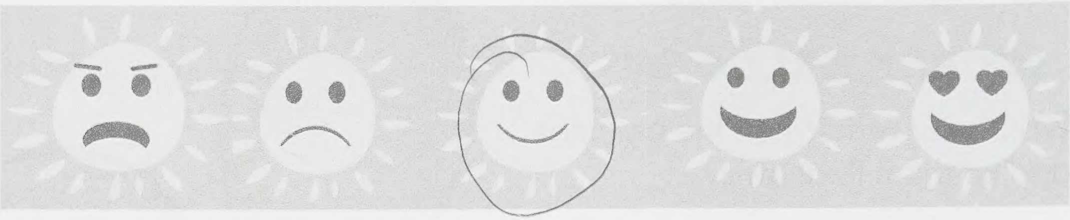
happy

I AM GRATEFUL FOR

Love, happiness, Goodnist, nicnist.

1 2 3 4 5 6 7 8 9 10

TODAY IS M T W Th F S S 4 / 28 / 21



I AM GRATEFUL FOR

Peace

Happynis

IDEAS TO MAKE TOMORROW AWESOME

Play with frends

TODAY IS M T W **(Th)** F S S 4/29/21

I AM GRATEFUL FOR

evreything

I AM GOOD AT

socker, gymnasticks,

WEEKLY AFFIRMATION

My positive thoughts create positive feelings

HOW I FEEL RIGHT NOW

meH

TODAY IS M T W Th F S S 4 / 30 / 21

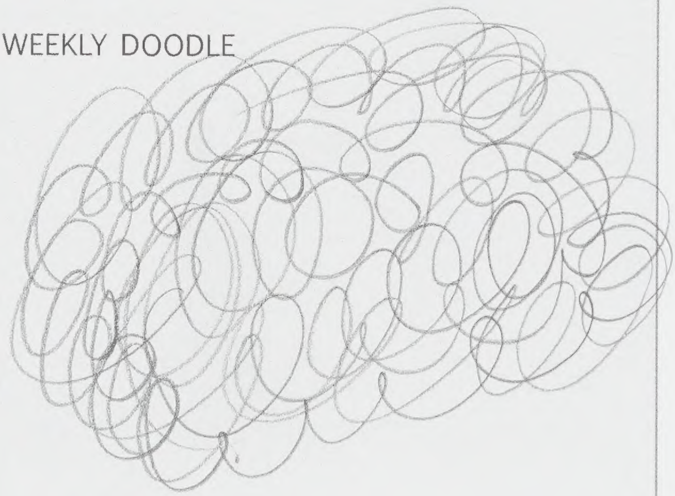
I AM GRATEFUL FOR

1. cvrething good

2.

3.

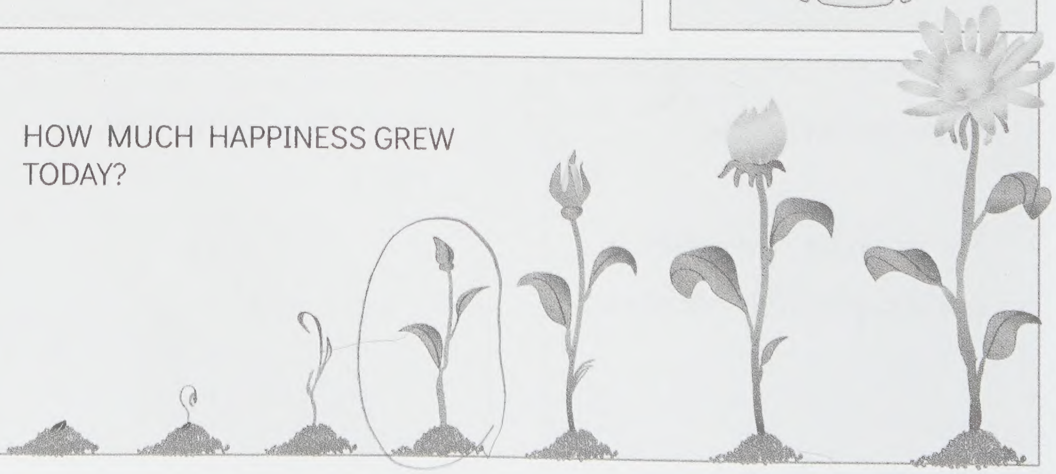
WEEKLY DOODLE



RANDOM ACT OF KINDNESS:

Compliment a friend

HOW MUCH HAPPINESS GREW TODAY?



TODAY IS M T W Th F (S) S 5 / 1 / 21

HOW MANY HAPPINESS STARS ☆ ☆ ☆ ★ ☆ ☆ ☆

I AM GRATEFUL FOR

TODAY'S METER: KINDNESS

5

~~4~~

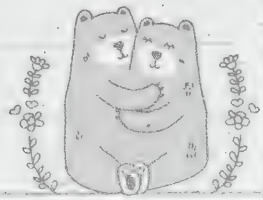
3

2

1

THINGS I CAN DO TO BE KIND

nothing



TODAY IS M T W Th F S S 5 / 2/ 21

A GOOD THING THAT HAPPENED TODAY

food

SOMETHING I WILL DO DIFFERENTLY TOMORROW

Play

0 5 10

MOOD LINE

I AM GRATEFUL FOR

TODAY I THANKED

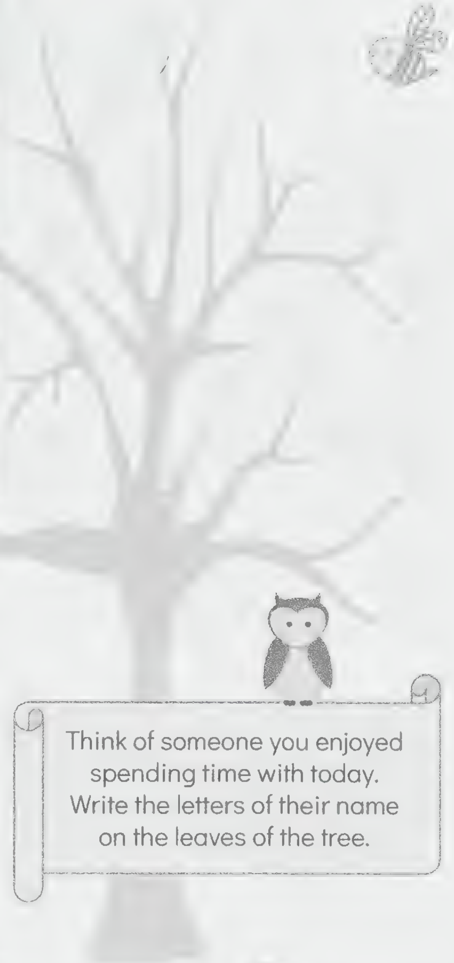
PePIC

TODAY IS **M** (circled) T W Th F S S 5/3/21

A HOPE I HAVE FOR SOMEONE ELSE IS

have fun

DRAW HOW YOU FEEL



Think of someone you enjoyed spending time with today. Write the letters of their name on the leaves of the tree.

I AM GRATEFUL FOR

TODAY IS M (T) W Th F S S 5 / 4 / 21

I AM FEELING

I AM GRATEFUL FOR

NAME SOMETHING YOU ARE REALLY GOOD AT.

gym nastics

BRAVO

I MADE TODAY AWESOME BY:

- [x] Being generous
- [ ] Being patient
- [x] Giving thanks
- [ ] Noticing someone in need
- [x] Trying my hardest
- [ ]
- [ ]

TODAY IS M T **(W)** Th F S S 5 / 5 / 21

WORRY BALLOONS

Write your worries on the balloons and let them float away....

I AM AMAZING.

I can leap cartwheel
sing dance handstand
art climing

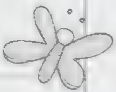
I AM GRATEFUL FOR

1 2 3 4 5 6 7 8 9 10

TODAY IS M T W (Th) F S S 5 / 6 / 21

I AM GRATEFUL FOR

evrething



TOMORROW I WILL

acheving goles

TODAY IS M T W Th (F) S S 5 / 7 / 21

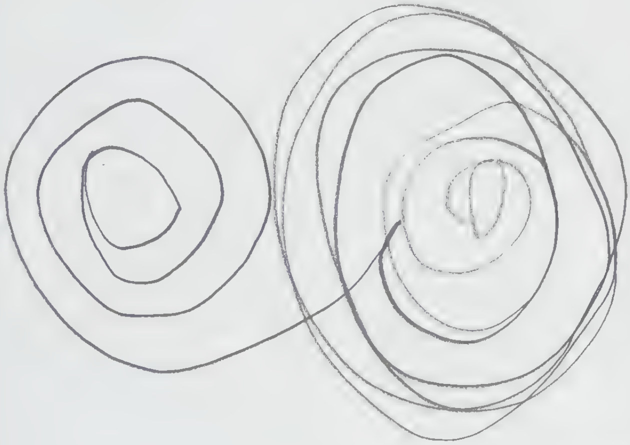
I AM GRATEFUL FOR

1 me

2

3

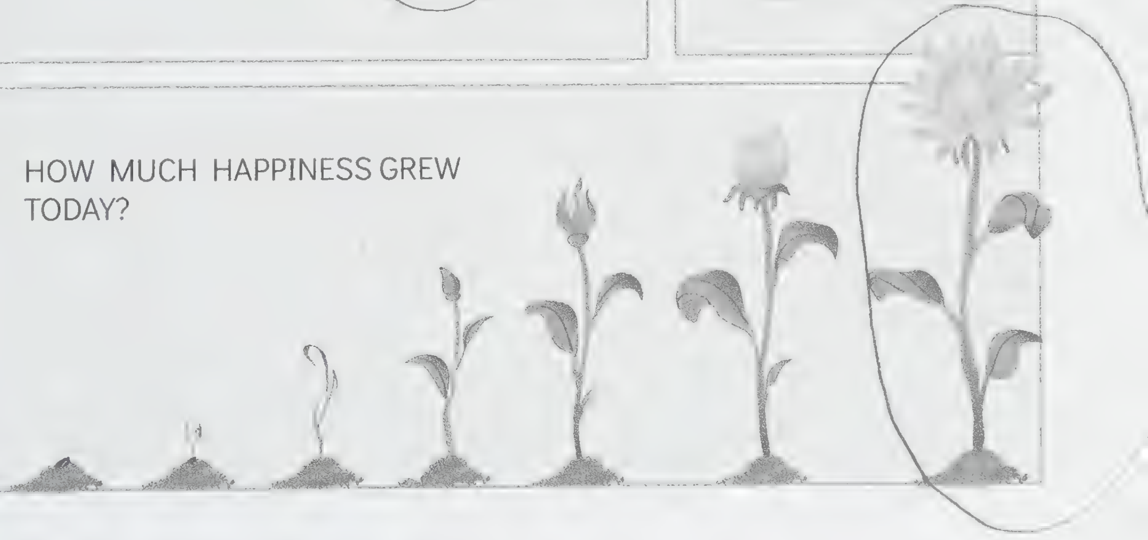
WEEKLY DOODLE



RANDOM ACT OF KINDNESS:

Write a thank you note

HOW MUCH HAPPINESS GREW TODAY?



TODAY IS M T W Th F (S) S 5 / 8 / 21

I AM GRATEFUL FOR

SOMETHING I FIND HARD IS

kind ness

WEEKLY AFFIRMATION

love your self

I have courage and confidence

HOW I FEEL RIGHT NOW

happy

TODAY IS M T W Th F S (S) 5 / 9 / 21

HOW MANY HAPPINESS STARS ☆ ☆ ☆ ☆ ☆ ★ ☆

I AM GRATEFUL FOR

TODAY'S METER: HELPFUL

5

4

3

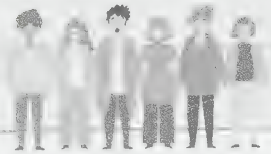
2

1

LIST PEOPLE IN YOUR LIFE THAT HELP YOU

mom teachers

dad simion



TODAY IS M T W Th F S S 5 / 10 / 21

A HOPE I HAVE FOR SOMEONE ELSE IS

frends

DRAW HOW YOU FEEL

Think of someone you enjoyed spending time with today. Write the letters of their name on the leaves of the tree.

I AM GRATEFUL FOR

TODAY IS M (T) W Th F S S 5/11/21

A GOOD THING THAT HAPPENED TODAY

Happe

SOMETHING I WILL DO DIFFERENTLY TOMORROW

have fun

0 5 10

MOOD LINE

I AM GRATEFUL FOR

TODAY I THANKED

Peaple

TODAY IS M T W Th F S S 5/12/21

I AM FEELING

I AM GRATEFUL FOR

1. ____________________
2. ____________________
3. ____________________

FIND A FUNNY JOKE THAT WILL MAKE PEOPLE SMILE TOMORROW.

I dont know

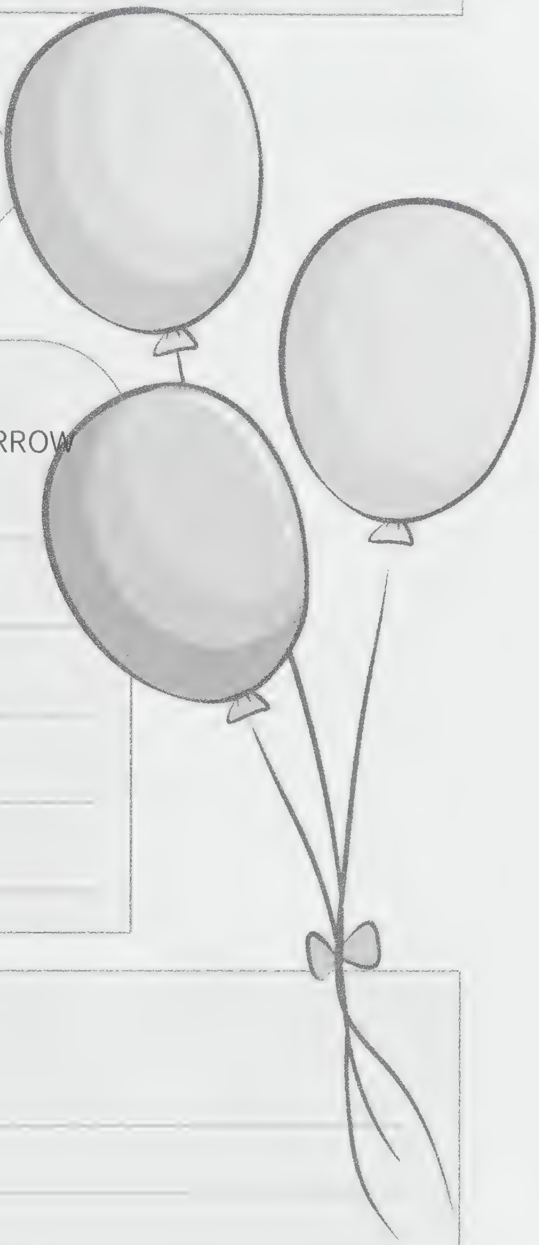
I MADE TODAY AWESOME BY:

- [x] Being brave
- [ ] Being honest
- [ ] Listening
- [x] Including someone
- [x] Helping others
- [ ] ____________________
- [ ] ____________________

TODAY IS M T W Th F S S ___/___/___

WORRY BALLOONS

Write your worries on the balloons and let them float away....



SOMETHING I WILL DO DIFFERENT TOMORROW

I AM GRATEFUL FOR

1 2 3 4 5 6 7 8 9 10

TODAY IS M T W Th F S S ___/___/___

I AM GRATEFUL FOR

FIVE THINGS THAT I CAN DO TO FEEL GOOD

TODAY IS M T W Th F S S ___/___/___

I AM GRATEFUL FOR

WRITE ABOUT SOMETHING YOU DID EVEN THOUGH YOU WERE NERVOUS

WEEKLY AFFIRMATION

My confidence grows when I step outside my comfort zone.

HOW I FEEL RIGHT NOW

TODAY IS M T W Th F S S ___/___/___

I AM GRATEFUL FOR

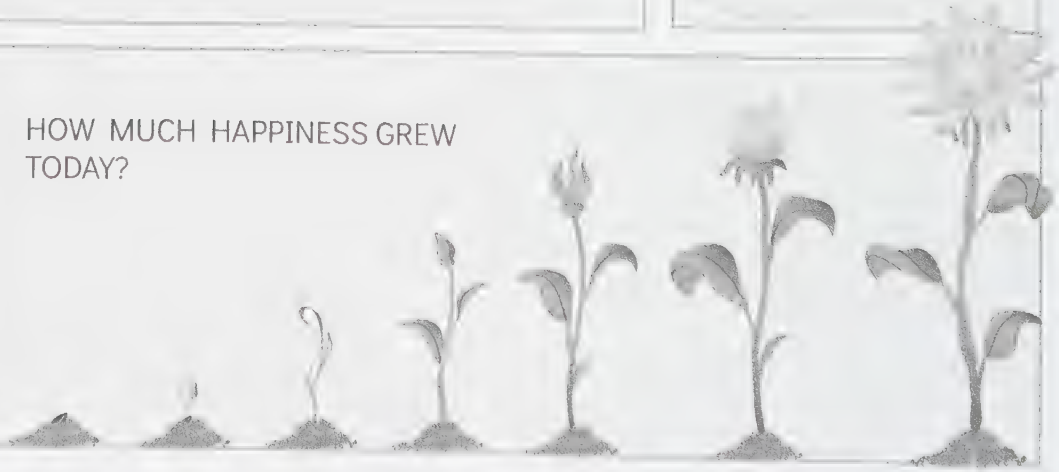
1. ____________________
2. ____________________
3. ____________________

WEEKLY DOODLE

RANDOM ACT OF KINDNESS:

Tell someone how much you love them

HOW MUCH HAPPINESS GREW TODAY?



TODAY IS M T W Th F S S ___/___/___

HOW MANY HAPPINESS STARS ☆ ☆ ☆ ☆ ☆ ☆ ☆

I AM GRATEFUL FOR

TODAY'S METER: POSITIVITY

5

4

3

2

1

MY MISTAKES HELP ME LEARN AND GROW

Tomorrow I will

TODAY IS M T W Th F S S ___/___/___

A HOPE I HAVE FOR SOMEONE ELSE IS

Think of someone you enjoyed spending time with today. Write the letters of their name on the leaves of the tree.

DRAW HOW YOU FEEL

I AM GRATEFUL FOR

TODAY IS M T W Th F S S ___/___/___

A GOOD THING THAT HAPPENED TODAY

SOMETHING I WILL DO DIFFERENTLY TOMORROW

0 5 10

MOOD LINE

I AM GRATEFUL FOR

TODAY I THANKED

TODAY IS M T W Th F S S ___/___/___

I AM FEELING

I AM GRATEFUL FOR

1 ______________________

2 ______________________

3 ______________________

SILENT KINDNESS

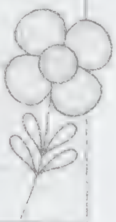
Leave heads up pennies on the sidewalk

Do a chore for someone without them knowing

Leave a letter in a library book

I MADE TODAY AWESOME BY:

- [ ] Sharing
- [ ] Using kind words
- [ ] Forgiving someone
- [ ] Spreading positivity
- [ ] Teaching someone younger than me
- [ ] ______________________
- [ ] ______________________



TODAY IS M T W Th F S S ___/___/___

WORRY BALLOONS

Write your worries on the balloons and let them float away....

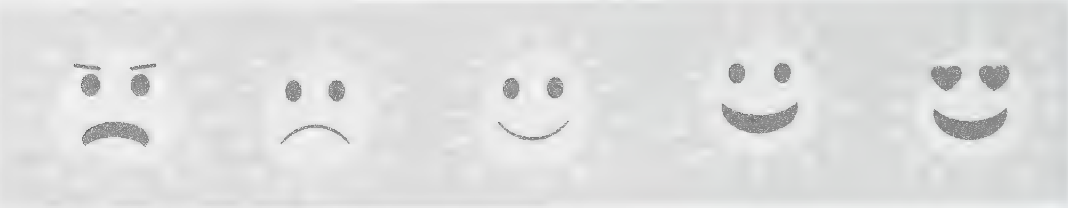
I BELIEVE IN MYSELF AND MY ABILITES

I can

I AM GRATEFUL FOR

1 2 3 4 5 6 7 8 9 10

TODAY IS M T W Th F S S ___/___/___



I AM GRATEFUL FOR

THE PEOPLE IN MY LIFE WHO LOVE ME ARE:

TODAY IS M T W Th F S S ___/___/___

I AM GRATEFUL FOR

IT'S OK NOT TO KNOW EVERYTHING. SOME THINGS I WOULD LIKE TO LEARN MORE ABOUT ARE

WEEKLY AFFIRMATION

I am open and ready to learn

HOW I FEEL RIGHT NOW

TODAY IS M T W Th F S S ___/___/___

I AM GRATEFUL FOR

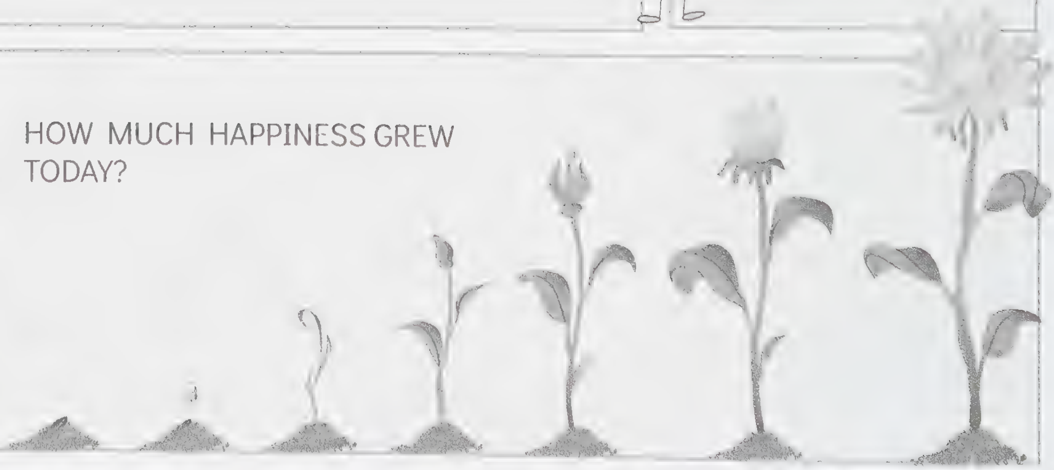
1. ______________________________
2. ______________________________
3. ______________________________

WEEKLY DOODLE

RANDOM ACT OF KINDNESS:

Smile at everyone it's contagious

HOW MUCH HAPPINESS GREW TODAY?



TODAY IS M T W Th F S S ___/___/___

HOW MANY HAPPINESS STARS ☆ ☆ ☆ ☆ ☆ ☆ ☆

I AM GRATEFUL FOR

TODAY'S METER: GENEROSITY

5

4

3

2

1

I CAN BE GENEROUS BY

TODAY IS M T W Th F S S ___/___/___

A HOPE I HAVE FOR SOMEONE ELSE IS

DRAW HOW YOU FEEL

Think of someone you enjoyed spending time with today. Write the letters of their name on the leaves of the tree.

I AM GRATEFUL FOR

TODAY IS M T W Th F S S ___/___/___

A GOOD THING THAT HAPPENED TODAY

SOMETHING I WILL DO DIFFERENTLY TOMORROW

0 5 10

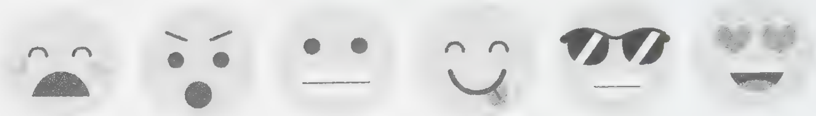
MOOD LINE

I AM GRATEFUL FOR

TODAY I THANKED

TODAY IS M T W Th F S S ___/___/___

I AM FEELING



I AM GRATEFUL FOR

1. ______________________________
2. ______________________________
3. ______________________________

EVERY DAY IS A FRESH START

Tomorrow is going to be a great day!

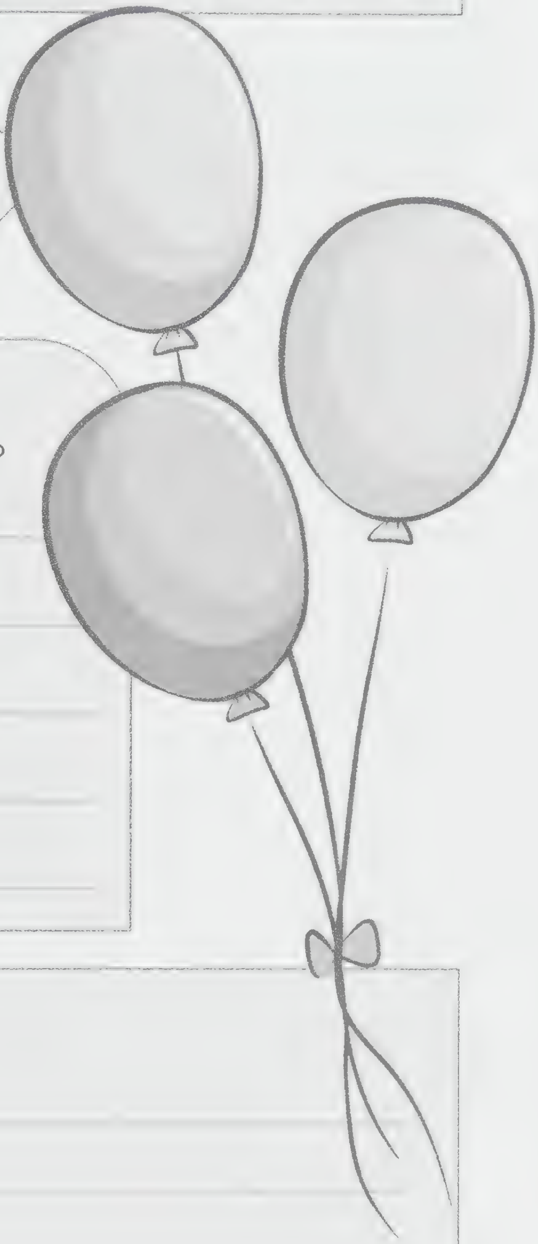
I MADE TODAY AWESOME BY:

- [ ] Cooperating
- [ ] Sharing
- [ ] Showing kindness
- [ ] Smiling
- [ ] Accepting help from others
- [ ] ______________________
- [ ] ______________________

TODAY IS M T W Th F S S ___/___/____

WORRY BALLOONS

Write your worries on the balloons and let them float away....



MY CHALLENGES HELP ME GROW.

WHAT ARE SOME THINGS THAT ARE HARD?

I AM GRATEFUL FOR

1 2 3 4 5 6 7 8 9 10

TODAY IS M T W Th F S S ___/___/___

I AM GRATEFUL FOR

THESE ARE MY HOPES FOR TOMORROW AND BEYOND

TODAY IS M T W Th F S S ___/___/___

I AM GRATEFUL FOR

SIX THINGS THAT BRING ME JOY

WEEKLY AFFIRMATION

I deserve to be happy.

HOW I FEEL RIGHT NOW

TODAY IS M T W Th F S S ___/___/___

I AM GRATEFUL FOR

1. ______________________________

2. ______________________________

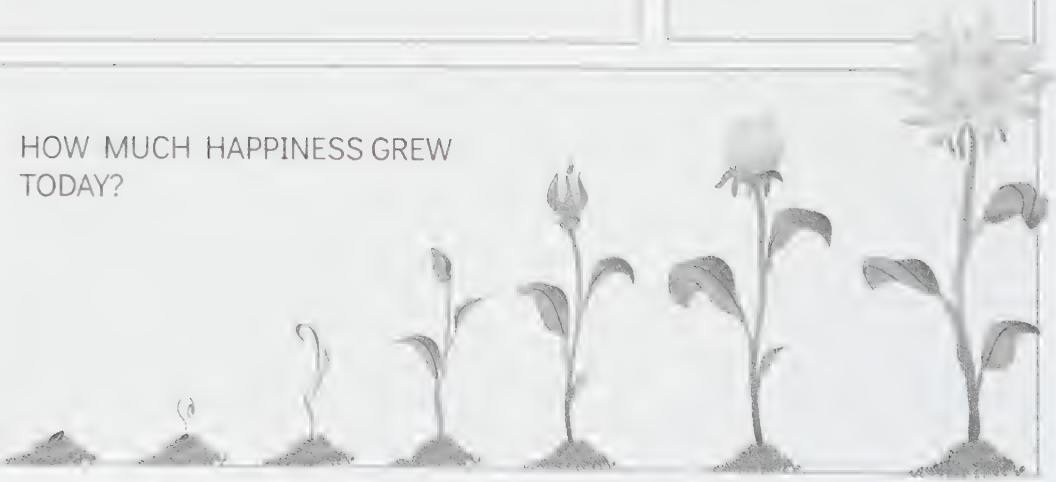
3. ______________________________

WEEKLY DOODLE

RANDOM ACT OF KINDNESS:

Make cookies for a service worker

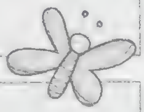
HOW MUCH HAPPINESS GREW TODAY?



TODAY IS M T W Th F S S ___/___/___

HOW MANY HAPPINESS STARS ☆ ☆ ☆ ☆ ☆ ☆ ☆

I AM GRATEFUL FOR



TODAY'S METER:
COOPERATION

5

4

3

2

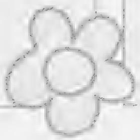
1

WHAT ARE SOME THINGS THAT ARE BETTER TO DO WITH OTHERS

TODAY IS M T W Th F S S ___/___/___

A GOOD THING THAT HAPPENED TODAY

SOMETHING I WILL DO DIFFERENTLY TOMORROW



0 5 10

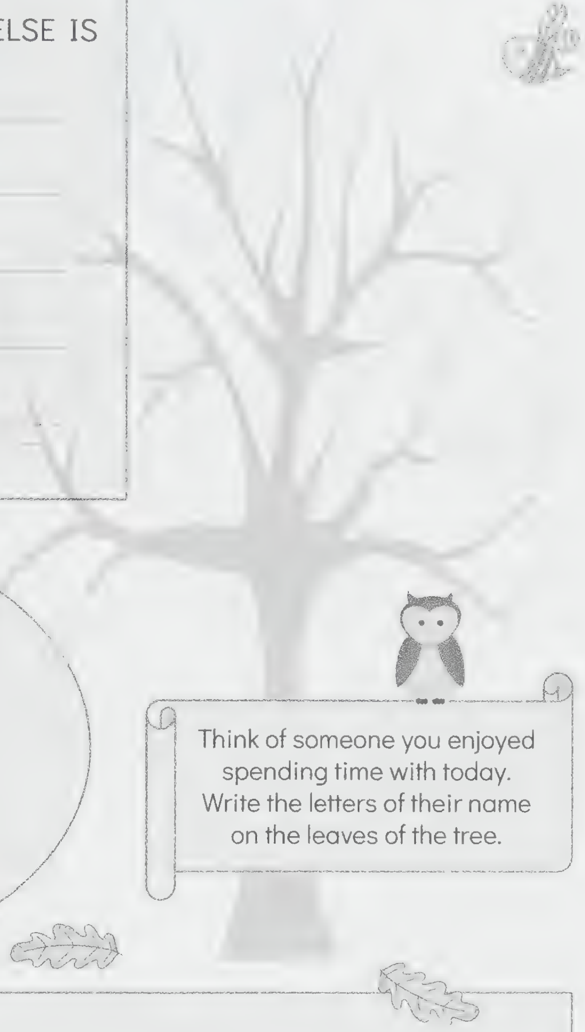
MOOD LINE

I AM GRATEFUL FOR

TODAY I THANKED

TODAY IS M T W Th F S S ___/___/___

A HOPE I HAVE FOR SOMEONE ELSE IS



Think of someone you enjoyed spending time with today. Write the letters of their name on the leaves of the tree.

DRAW HOW YOU FEEL

I AM GRATEFUL FOR

TODAY IS M T W Th F S S ___/___/___

I AM FEELING

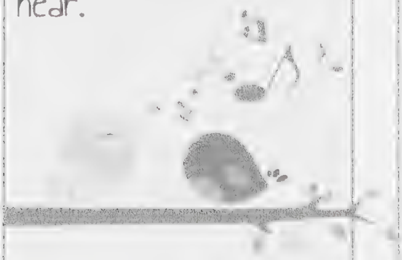
I AM GRATEFUL FOR

1. ____________________
2. ____________________
3. ____________________

TAKE TIME TO APPRECIATE NATURE

Tomorrow, stop and listen carefully to the sounds of nature.

Count how many sounds you can hear.



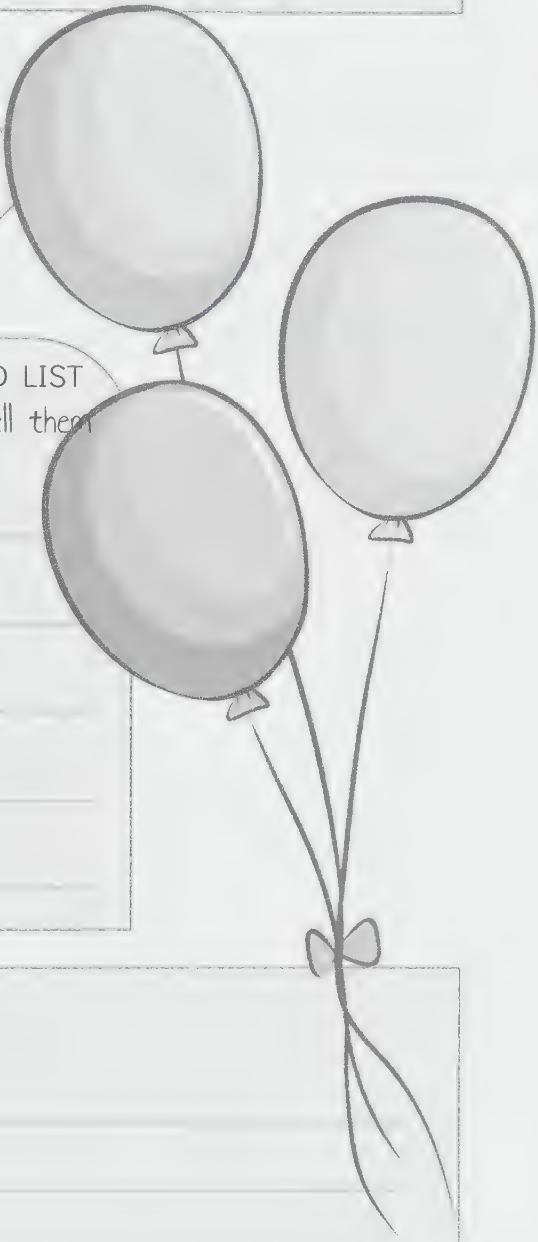
I MADE TODAY AWESOME BY:

- [ ] Including someone new
- [ ] Helping without being asked
- [ ] Focusing on the positive
- [ ] Being outdoors
- [ ] Saying thank you
- [ ] ________________
- [ ] ________________

TODAY IS M T W Th F S S ___/___/___

WORRY BALLOONS

Write your worries on the balloons and let them float away....



THINK OF SOMEONE YOU APPRECIATE AND LIST THE REASONS WHY. Bonus happiness: tell them

I AM GRATEFUL FOR

1 2 3 4 5 6 7 8 9 10

TODAY IS M T W Th F S S ___/___/___

I AM GRATEFUL FOR

DESCRIBE A KINDNESS YOU WITNESSED TODAY

TODAY IS M T W Th F S S ___/___/___

I AM GRATEFUL FOR

LIST SOME THINGS THAT ARE HARD BUT THAT YOU DO ANYWAY

WEEKLY AFFIRMATION

I am capable of so much.

HOW I FEEL RIGHT NOW

TODAY IS M T W Th F S S ___/___/___

I AM GRATEFUL FOR

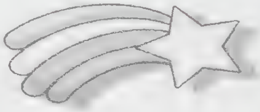
1. ____________________

2. ____________________

3. ____________________

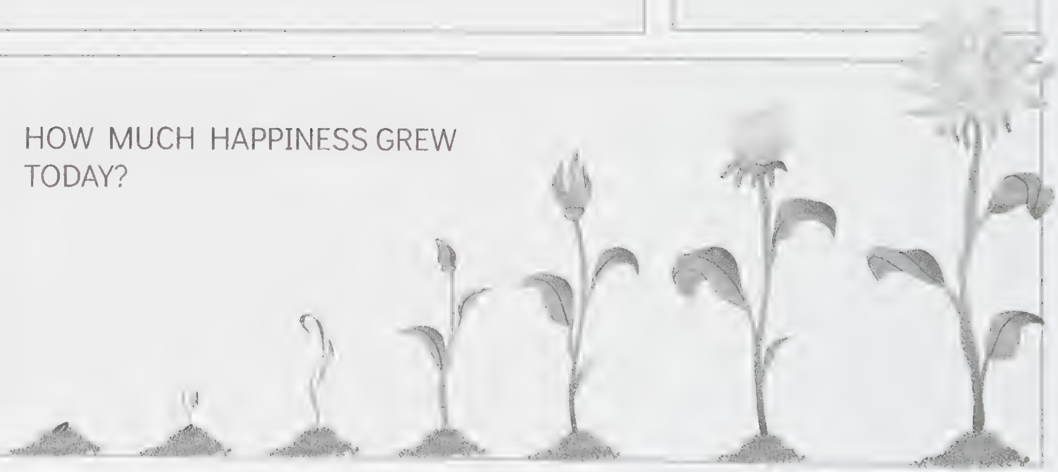
WEEKLY DOODLE

RANDOM ACT OF KINDNESS:



Help make dinner or set the table without being asked

HOW MUCH HAPPINESS GREW TODAY?



TODAY IS M T W Th F S S ___/___/___

HOW MANY HAPPINESS STARS ☆ ☆ ☆ ☆ ☆ ☆ ☆

I AM GRATEFUL FOR

TODAY'S METER:
APPRECIATIVE

5

4

3

2

1

SMALL THINGS I APPRECIATE

TODAY IS M T W Th F S S ___/___/___

A GOOD THING THAT HAPPENED TODAY

SOMETHING I WILL DO DIFFERENTLY TOMORROW

0 5 10

MOOD LINE

I AM GRATEFUL FOR

TODAY I THANKED

TODAY IS M T W Th F S S ___/___/___

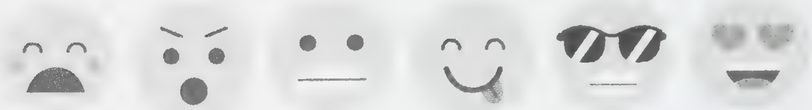
A HOPE I HAVE FOR SOMEONE ELSE IS

DRAW HOW YOU FEEL

I AM GRATEFUL FOR

TODAY IS M T W Th F S S ___/___/___

I AM FEELING



I AM GRATEFUL FOR

1. ____________________

2. ____________________

3. ____________________

KINDNESS IN NATURE

Plant something

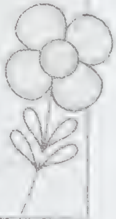
Feed the birds

Pick up litter

Observe and appreciate the wildlife

I MADE TODAY AWESOME BY:

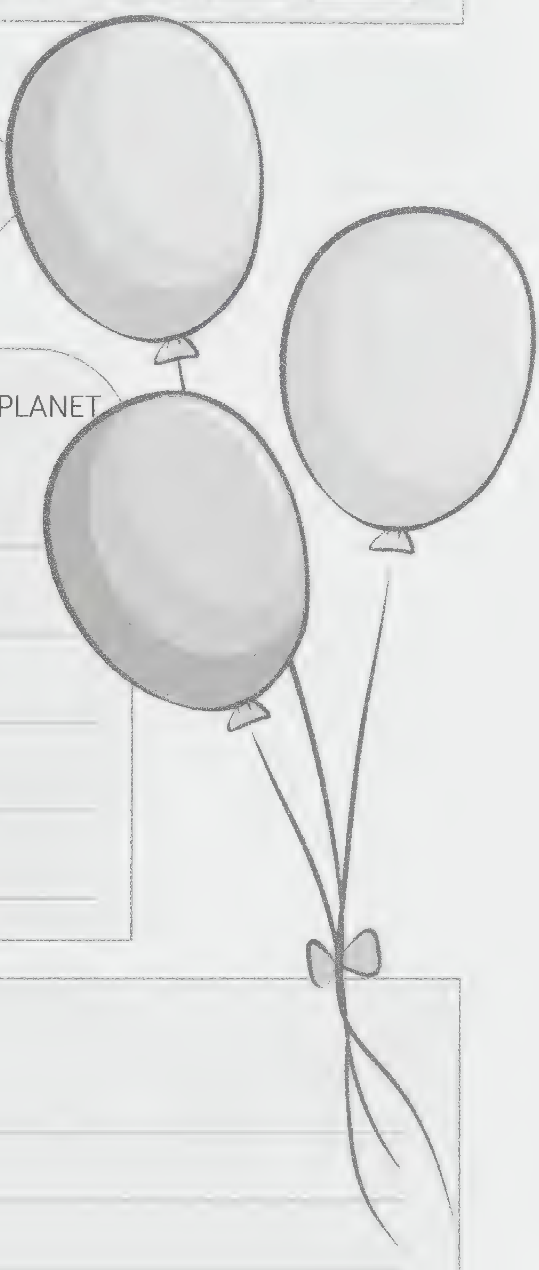
- [ ] Being a good friend
- [ ] Using kind words
- [ ] Forgiving someone
- [ ] Spreading positivity
- [ ] Giving thanks to someone
- [ ] ____________________
- [ ] ____________________



TODAY IS M T W Th F S S ___/___/___

WORRY BALLOONS

Write your worries on the balloons and let them float away....

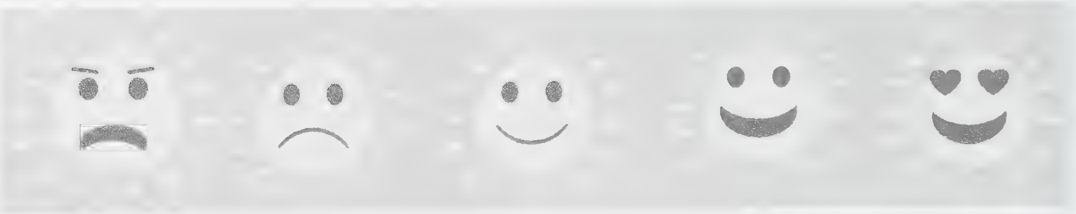


THINGS YOU CAN DO TO BE KIND TO THE PLANET

I AM GRATEFUL FOR

1 2 3 4 5 6 7 8 9 10

TODAY IS M T W Th F S S ___/___/___



I AM GRATEFUL FOR

I HELP IN MY FAMILY BY

TODAY IS M T W Th F S S ___/___/___

I AM GRATEFUL FOR

DESCRIBE HOW TO CARE FOR THE PETS YOU HAVE OR HOPE TO HAVE ONE DAY.

WEEKLY AFFIRMATION

I am free to make my own choices.

HOW I FEEL RIGHT NOW

TODAY IS M T W Th F S S ___/___/___

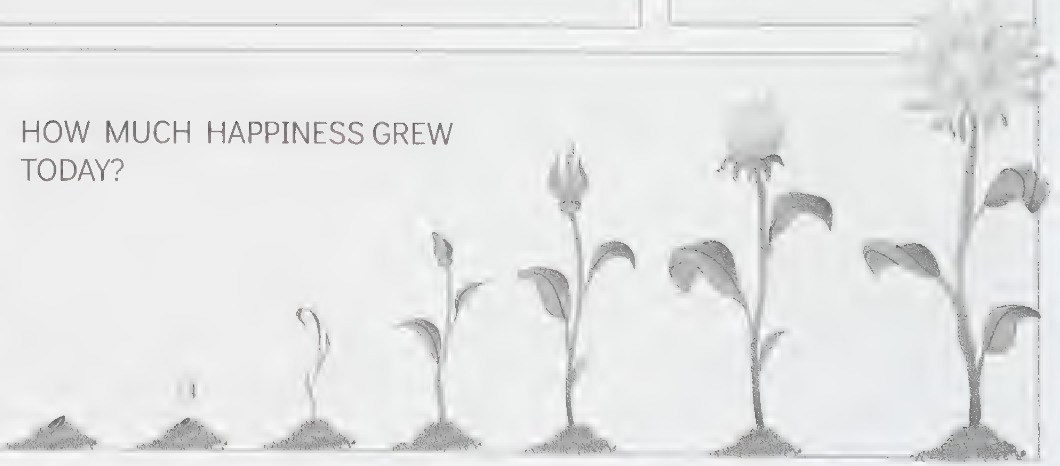
I AM GRATEFUL FOR

WEEKLY DOODLE

RANDOM ACT OF KINDNESS:

Write chalk messages on the sidewalk

HOW MUCH HAPPINESS GREW TODAY?



TODAY IS M T W Th F S S ___/___/___

HOW MANY HAPPINESS STARS ☆ ☆ ☆ ☆ ☆ ☆ ☆

I AM GRATEFUL FOR

TODAY'S METER:
RESPONSIBILITY

5

4

3

2

1

I CAN DO ANYTHING I PUT MY MIND TO.

I can

TODAY IS M T W Th F S S ___/___/___

A GOOD THING THAT HAPPENED TODAY

SOMETHING I WILL DO DIFFERENTLY TOMORROW

0 5 10

MOOD LINE

I AM GRATEFUL FOR

TODAY I THANKED

TODAY IS M T W Th F S S ___/___/___

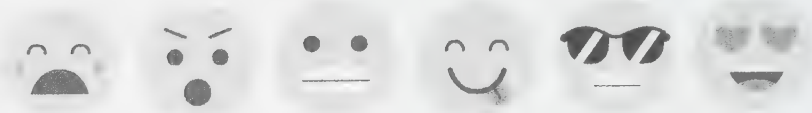
A HOPE I HAVE FOR SOMEONE ELSE IS

DRAW HOW YOU FEEL

I AM GRATEFUL FOR

TODAY IS M T W Th F S S ___/___/___

I AM FEELING



I AM GRATEFUL FOR

1. ______________________________

2. ______________________________

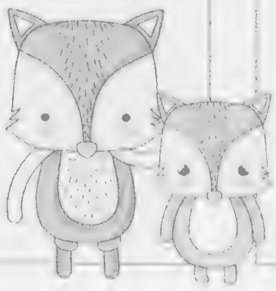
3. ______________________________

SILENT KINDNESS

Leave bubbles on someone's doorstep

Bury treasure at the playground

Make someone else's bed



I MADE TODAY AWESOME BY:

- [ ] Enjoying what i have
- [ ] Singing
- [ ] Helping someone in need
- [ ] Including someone
- [ ] Trying my best
- [ ] ______________________________
- [ ] ______________________________

TODAY IS M T W Th F S S ___/___/___

WORRY BALLOONS

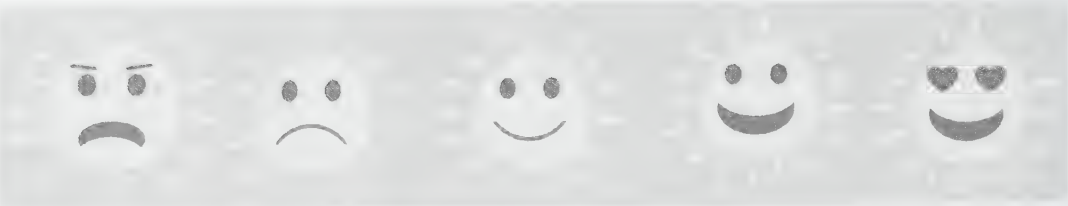
Write your worries on the balloons and let them float away....

A GOAL I HAVE MADE FOR MYSELF

I AM GRATEFUL FOR

1 2 3 4 5 6 7 8 9 10

TODAY IS M T W Th F S S ___/___/___



I AM GRATEFUL FOR

NAME SOMETHING YOU ENJOY WITH EACH OF YOUR SENSES

See

Smell

Taste

Touch

Hear

TODAY IS M T W Th F S S __/__/__

I AM GRATEFUL FOR

I WORK HARD TO

WEEKLY AFFIRMATION

It is enough to do my best

HOW I FEEL RIGHT NOW

TODAY IS M T W Th F S S ___/___/___

I AM GRATEFUL FOR

1. ______________________________

2. ______________________________

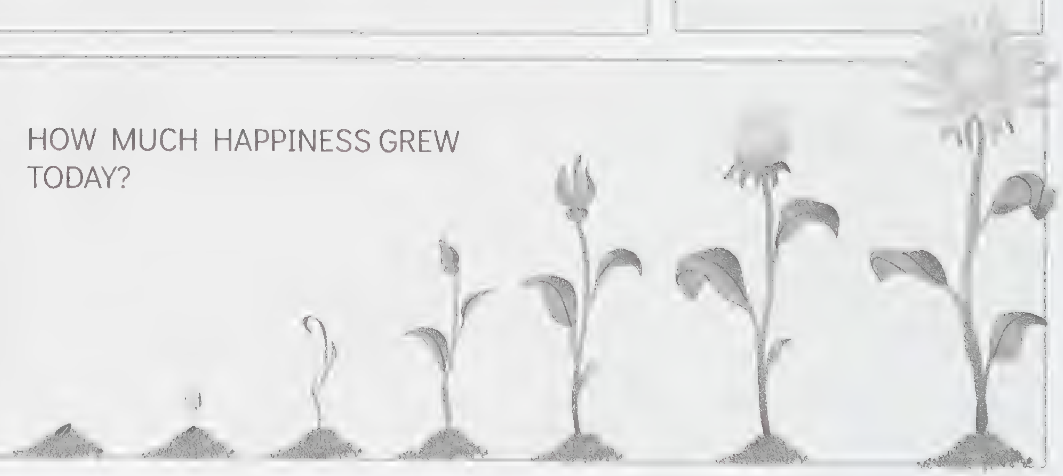
3. ______________________________

WEEKLY DOODLE

RANDOM ACT OF KINDNESS:

Make cookies for a neighbor.

HOW MUCH HAPPINESS GREW TODAY?



TODAY IS M T W Th F S S ___/___/___

HOW MANY HAPPINESS STARS ☆ ☆ ☆ ☆ ☆ ☆ ☆

I AM GRATEFUL FOR

TODAY'S METER:
MANNERS

5

4

3

2

1

SOME MANNERS I ALREADY HAVE

SOME MANNERS I WOULD LIKE TO TRY

TODAY IS M T W Th F S S ___/___/___

A GOOD THING THAT HAPPENED TODAY

SOMETHING I WILL DO DIFFERENTLY TOMORROW

0 5 10

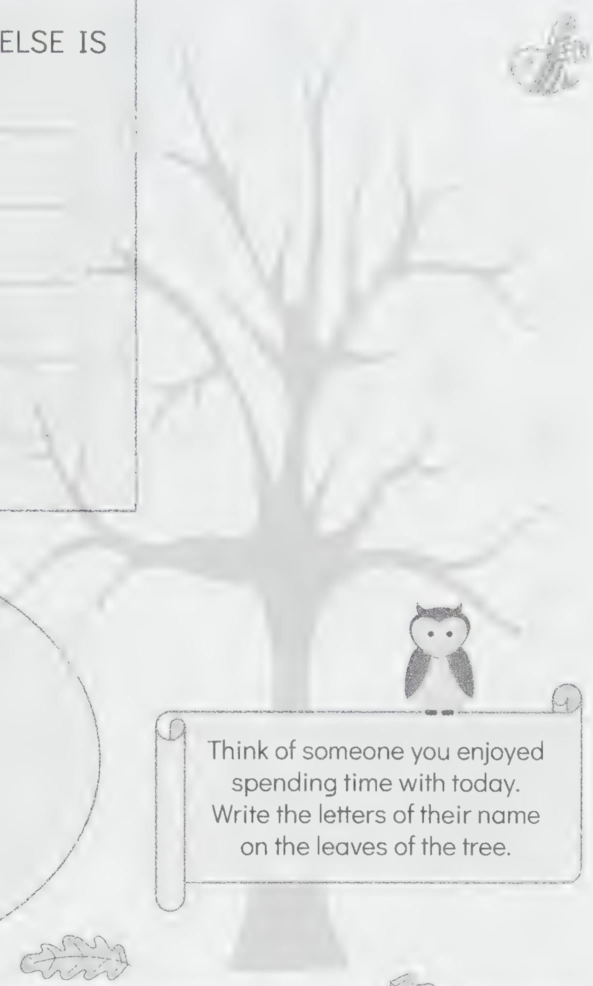
MOOD LINE

I AM GRATEFUL FOR

TODAY I THANKED

TODAY IS M T W Th F S S ___/___/___

A HOPE I HAVE FOR SOMEONE ELSE IS



DRAW HOW YOU FEEL

I AM GRATEFUL FOR

TODAY IS M T W Th F S S ___/___/___

I AM FEELING

I AM GRATEFUL FOR

1 ______________________________

2 ______________________________

3 ______________________________

SEND THANKS TO THE PEOPLE WHO MAKE IT POSSIBLE FOR YOUR FAMILY TO HAVE FOOD.

List some of the people here

____

____

____

____

____

I MADE TODAY AWESOME BY:

- [ ] Cooperating with others
- [ ] Appreciating my friends
- [ ] Helping out around the house
- [ ] Doing something I love
- [ ] Telling someone I love them
- [ ] ______________________
- [ ] ______________________

TODAY IS M T W Th F S S ___/___/___

WORRY BALLOONS

Write your worries on the balloons and let them float away....

SOME PLANS I HAVE FOR TOMORROW

I AM GRATEFUL FOR

1 2 3 4 5 6 7 8 9 10

TODAY IS M T W Th F S S ___/___/___

I AM GRATEFUL FOR

LIST THINGS THAT MAKE ME FEEL HAPPY THAT YOU CANNOT TOUCH (like a smile or a smell)

TODAY IS M T W Th F S S __/__/__

I AM GRATEFUL FOR

AN ACT OF KINDNESS I WITNESSED TODAY?

WEEKLY AFFIRMATION

I can make a difference

HOW I FEEL RIGHT NOW

TODAY IS M T W Th F S S ___/___/___

I AM GRATEFUL FOR

1. ______________________________
2. ______________________________
3. ______________________________

WEEKLY DOODLE

RANDOM ACT OF KINDNESS:

Donate clothes and toys you don't need anymore

HOW MUCH HAPPINESS GREW TODAY?

TODAY IS M T W Th F S S ___/___/___

HOW MANY HAPPINESS STARS ☆ ☆ ☆ ☆ ☆ ☆ ☆

I AM GRATEFUL FOR

TODAY'S METER:
PRIDE

5

4

3

2

1

SOMETHING I DO THAT MAKES ME FEEL PROUD

TODAY IS M T W Th F S S ___/___/___

A GOOD THING THAT HAPPENED TODAY

SOMETHING I WILL DO DIFFERENTLY TOMORROW

0 5 10

MOOD LINE

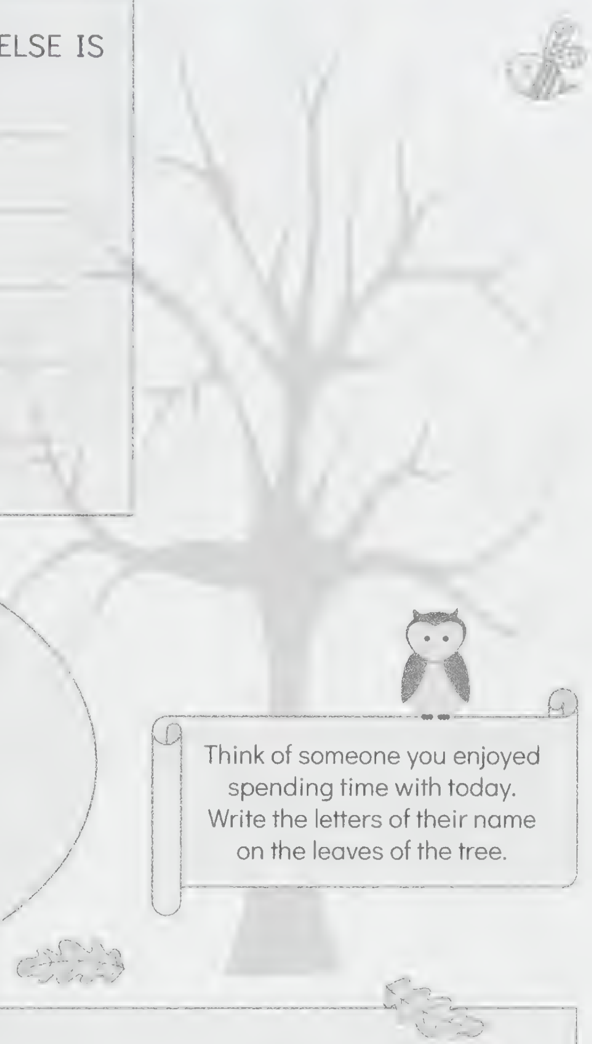
I AM GRATEFUL FOR

TODAY I THANKED

TODAY IS M T W Th F S S ___/___/___

A HOPE I HAVE FOR SOMEONE ELSE IS

DRAW HOW YOU FEEL

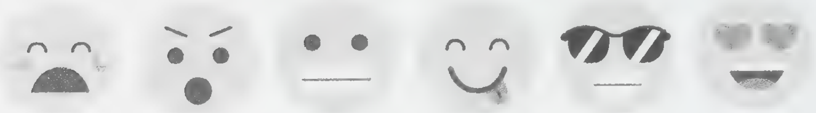


Think of someone you enjoyed spending time with today. Write the letters of their name on the leaves of the tree.

I AM GRATEFUL FOR

TODAY IS M T W Th F S S ___/___/___

I AM FEELING



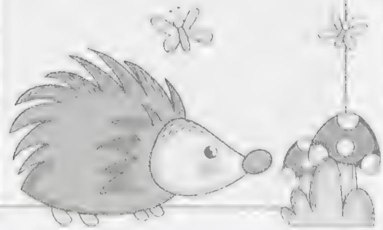
I AM GRATEFUL FOR

1 ______________________________

2 ______________________________

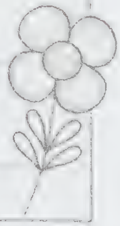
3 ______________________________

TOMORROW I WILL

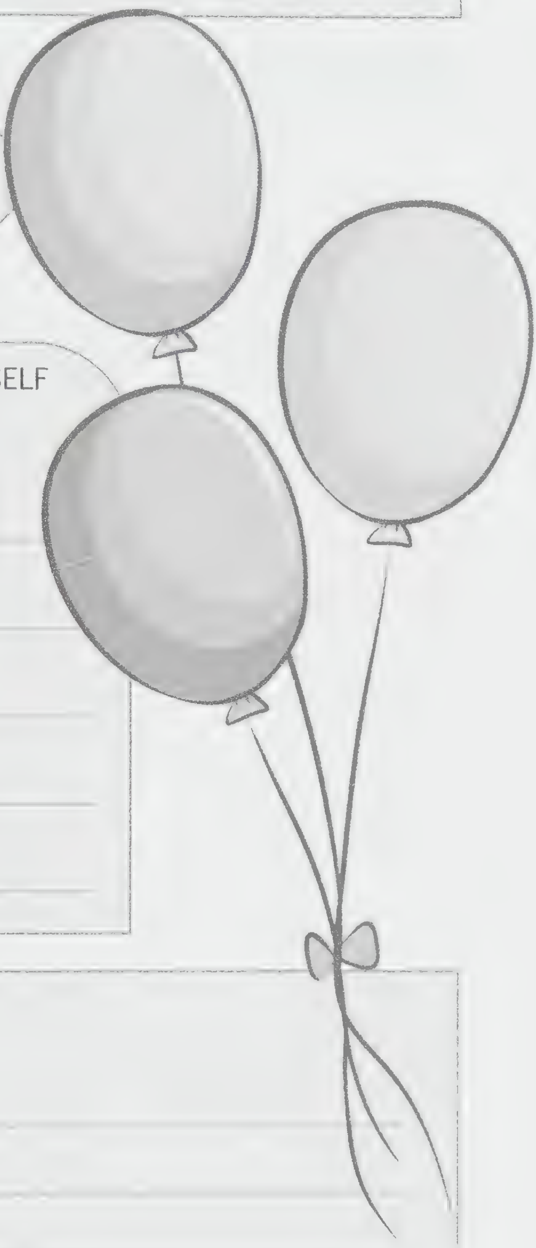


I MADE TODAY AWESOME BY:

- [ ] Doing an act of kindness
- [ ] Enjoying what I have
- [ ] Spending time with a friend
- [ ] Saying thank you
- [ ] Giving my smile to others
- [ ] ______________________
- [ ] ______________________



TODAY IS M T W Th F S S ___/___/___



WORRY BALLOONS

Write your worries on the balloons and let them float away....

FIVE POSITIVE WORDS TO DESCRIBE MYSELF

I AM GRATEFUL FOR

1 2 3 4 5 6 7 8 9 10

TODAY IS M T W Th F S S ___/___/___

I AM GRATEFUL FOR

MY FAVORITE THING TO DO WITH MY FAMILY IS

WEEKLY AFFIRMATION

Love your self

I can control my own happiness.

HOW I FEEL RIGHT NOW

TODAY IS M T W Th F S S ___/___/___

I AM GRATEFUL FOR

1 ______________________________

2 ______________________________

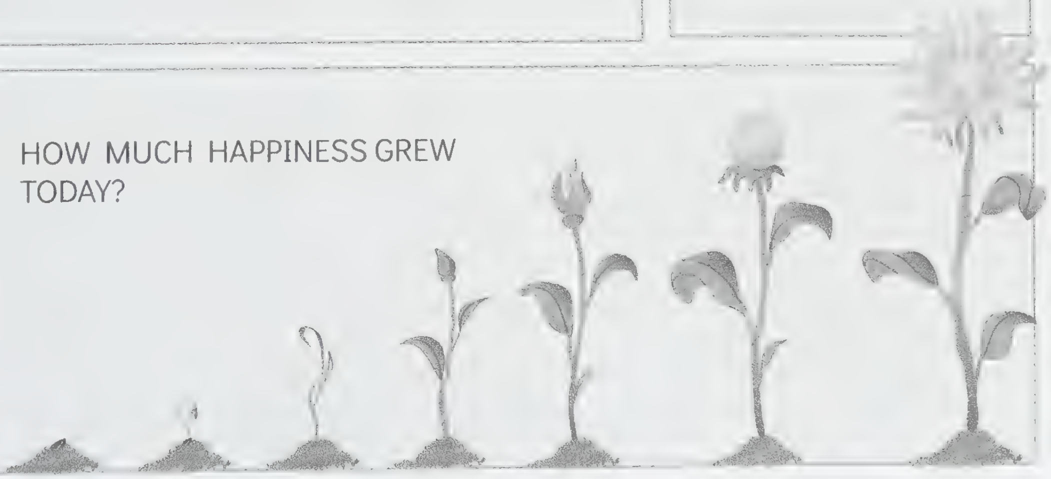
3 ______________________________

WEEKLY DOODLE

RANDOM ACT OF KINDNESS:

Hold the door open for someone

HOW MUCH HAPPINESS GREW TODAY?



TODAY IS M T W Th F S S ___/___/___

A HOPE I HAVE FOR SOMEONE ELSE IS

DRAW HOW YOU FEEL

Think of someone you enjoyed spending time with today. Write the letters of their name on the leaves of the tree.

I AM GRATEFUL FOR

TODAY IS M T W Th F S S ___/___/___

A GOOD THING THAT HAPPENED TODAY

SOMETHING I WILL DO DIFFERENTLY TOMORROW

0 5 10

MOOD LINE

I AM GRATEFUL FOR

TODAY I THANKED

TODAY IS M T W Th F S S ___/___/___

I AM GRATEFUL FOR

YOU FINISHED THE BOOK!

How do you feel?

- ☐ Proud
- ☐ Thankful
- ☐ Exhausted
- ☐ Happy
- ☐ Ready to do another!

Made in the USA
Las Vegas, NV
26 March 2021

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Did you know that giving thanks for both small and large things in your life can make you happier. Taking time to appreciate what you have can change how you think.

This book is designed to feel familiar without being repetitive. Enjoy the time you spend reflecting on your day by using colored gel pens, doodling or whatever you feel will make it your own while creating a fun and useful habit. Don't sweat it if a question is too hard. Just think of something else you want to say. Enjoy practicing gratitude at your own pace. You will do great.

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